

Get Physical

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Physical - Alcazar



TOE POINTS, LEFT COASTER STEP, ½ TURN LEFT WITH TOE POINTS

1&2 Point right toe to right side, step right foot beside left, point left toe to left side
3&4 Step left foot back, step right foot beside left, step left foot forward
5-8 Point right toe to right side, turn ¼ left and point right toe to right side, turn ¼ left and point right toe to right side, step right foot beside left (weight on right)

LEFT LOCK SHUFFLE, ½ TURN LEFT, RIGHT LOCK SHUFFLE, HEEL TOUCHES

1&2 Step left foot forward, lock right foot behind left, step left foot forward
3-4 Step right foot forward, make a ½ turn left
5&6 Step right foot forward, lock left foot behind right, step right foot forward
7&8 Touch left heel forward, step left foot beside right, touch right heel forward

JAZZ BOX WITH ¼ TURN RIGHT, ½ TURN RIGHT WITH TOE POINTS

1-2 Cross right foot over left, step back on left foot
3-4 Step right foot to right side and make a ¼ turn right, touch right foot beside left
5-8 Point left toe to left side, turn a ¼ right and point left toe to left side, turn a ¼ right and point left toe to left side, step left foot beside right (weight on left)

FULL TURN, RIGHT KICK BALL CHANGE, RIGHT SAILOR STEP, ½ TURN LEFT

1 On ball of left foot make a ½ turn left, stepping back on right
2 On ball of right foot make a ½ turn left, stepping forward on left
3&4 Kick right foot forward, step right foot back, step left foot back
5&6 Cross right foot behind left, step left beside right, step right foot forward
7-8 Touch left foot behind right, make a ½ turn left (weight on left)

REPEAT
